



New Baby Coming?

Preparing the nursery...make sure you have the basics

Keep it simple - minimize the use of equipment.

Read over the handouts “Tummy Time and Your Infant” prepared by Pediatric Rehabilitation Services and “Keep Your Child Healthy and Safe” prepared by the Home Visit Program.

Recommendations for new parents:

1. Safe sleeping apparatus:

American Academy of Pediatrics (AAP) recommends a flat firm mattress covered by a fitted sheet. No bumper pads, no positioners, no pillows or soft bedding.

AAP RECOMMENDS THAT ALL INFANTS BE PLACED TO SLEEP ON THEIR BACKS. During tummy time the infant is awake, alert and supervised.

The infant should be in close proximity to a parent or caregiver, an arm distance away in the same room but not in the same bed.

We recommend that parents do not purchase or use equipment that does not follow the guidelines for safe sleep. Also, be aware that the use of too much equipment and not enough tummy time may increase the occurrence of flat heads and tight neck muscles.

2. Sleep clothing:

Use a one-piece sleeper with no other covering, as an alternative to blankets. For an extra layer, a wearable sleeper or sleep sack is a safe alternative.

3. Car seat: (Please do this before the baby arrives)

Make an appointment at a local fire station or police station with a certified car seat inspector. They will instruct you on how to put the car seat in the car and how to position the baby. Car seats are only to be used for transportation. Do not leave your baby in his car seat once you have reached your destination.

4. Breast pump: (Please arrange to get your pump before the baby arrives)

Breastfeeding moms can call their insurance companies and may be able to order their pumps before delivery. Some pumps may include nipples and bottles. It is nice to have on hand at least one (1) wide mouth bottle with nipple in the home when moms are nursing.

5. Boppy® pillow:

This can be nice for helping with breastfeeding positioning. However, regular pillows can also do the same thing. The Boppy® pillow should not be used for infant sleeping.

Enjoy the exciting days waiting for the arrival of your baby!





Tummy Time and Your Infant

Overview:

In 1992 the American Academy of Pediatrics recommended infants be placed on their backs when sleeping to reduce the risk of sudden infant death syndrome (SIDS). Since then the number of children who are placed on their backs to sleep has grown from 13% to 72%, and the annual SIDS rate has decreased by more than 50%. Now, however, parents are less likely to place awake and alert infants on their tummies. Subsequently, an increased number of babies have developed problems with neck movement, head shape, and motor development.

Placing awake and alert infants on their stomachs can actually be beneficial. Babies who experience “tummy time” often receive messages through their bodies to encourage head control, back strength, and visual development. They are also more likely to have a rounded head shape. When babies are placed on their stomachs they are able to work on skills required for rolling, sitting, crawling, standing, walking, and interacting with the environment. Tummy time promotes brain development and all motor skills.

Getting Started:

- Lie on your back and place the baby on her tummy on your chest. Once she tolerates this, try moving her to a blanket on the floor.
- Begin tummy time for three to five minutes, two to three times a day when your baby is awake until the baby tolerates longer sessions.
- Provide supervised tummy time on a firm, flat surface during the baby's waking hours.
- If needed, place a rolled towel or receiving blanket under the baby's arms or shoulders to make it easier for her to lift and turn her head.
- Place interesting toys, such as mirrors and rattles, where the baby can see and reach for them. Eventually place toys in a circle around baby. This can prompt rolling, scooting, and crawling.
- Lie on your tummy beside the baby so she can see your face up close. Babies love to look at faces!



Guide to Gross Motor Milestones 0-12 months

- 0 - 2 months
 - Lifts head briefly when placed on tummy
 - Kicks leg reciprocally

- 2 - 4 months
 - Pushes through forearms and eventually hands when placed on tummy
 - Lifts head and chest off surface when on tummy
 - Accepts weight through feet when held in standing
 - Begins reaching for toys

- 5 months
 - Rolls from tummy to back
 - When laying on back, baby anticipates and pulls to sitting with chin and tummy when hands are held by caregiver

- 6 months
 - Rolls from back to tummy
 - Sits briefly without support
 - Reaches for own feet
 - Pivots on tummy to retrieve toys

- 7 - 9 months
 - Sits alone
 - Pulls to stand on furniture
 - Moves freely from tummy to sitting position
 - Creeps and crawls on hands and knees

- 10 – 12 months
 - Walks sideways while holding furniture
 - Briefly stands without support
 - Lowers self to floor with control
 - Takes steps with hands held.

Red Flags & When to be Concerned:

- Regression of gross motor skills
- Asymmetry of skills or significant favoring of one side
- Excessive clumsiness compared to children of the same age
- Not walking by 18 months
- Overly stiff
- Overly floppy
- Tremor or shakiness
- Dragging of one leg
- Failure to bear weight on one leg
- Avoidance or fear of motor exploration

Do allow for individual progression through milestones - each child develops at his/her own rate.

Resources:

American Academy of Pediatrics Healthy Child Care America, www.healthychildcare.org, 2011

www.pathwaysawareness.org, 2011

Peabody Developmental Motor Scale, 2011

Hawaii Early Learning Profile

